

Review Article

Clinical importance of *Marma* as per Ayurveda: A review

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Abstract

Marma is well acceptable therapy of Ayurveda which resemble Acupressure/Acupuncture of modern science closely. *Marma* can be considered as meridian point system of Ayurveda, corresponding to different such as; organs and nerves, etc. *Marma* involves *Abhyanga* (massage) and *Mardana* (Acupressure). It also coordinately covers aroma therapy, Herbs (*lepa*), *Raktamokshan* and *Agni karma*. This study serves to present a condensed view on the various aspects of this versatile method of treatment. Literature proved the efficacy of *Marma* in various diseases. Recently many researchers investigated *Marma* as potential therapy for the treatment of various abnormal physiological conditions. This review was conducted to present a compressive view on the various aspects of this versatile method of treatment.

1. Introduction

Ayurveda, literally meaning the 'science of life', believes complete normal state of health. *Marma* is one of the important sciences of treatment; described in various ancient text of ayurveda. *Marma* is effective and non invasive therapy. Ancient text described various types of *marma* i.e; *Sadhyopranhar*, *Kalantarpranhar*, *Vaikalyakar*, *Vishalyaghna*, *Rujakar*. Ayurveda described various superficially and deeply situated sites on human body for *Marma chikitsa* such as; *Dhamani*, *Sira*, *Asthi*, *Kandara*, *Mamsa*, *Snayu*, *Sandhi* which connects the components of life or vital energy resides or flows through. These special sites make various points which are termed as *marma* (*marma* points). *Marma* therapy involves utilization of these points for the purpose of *Abhyanga* (massage) and *Mardana* (Acupressure). *marma* points can be used to balance the *Tridoshas* at physical level and *Trigunas* at the mental level. Various *pranas* also described in *marmas* therapy like; *soma*, *vayu*, *agni*, *sattva*, *rajas*, *tamas*; *panchamahabhutas* and *atma*. Conceptually *marma* believes physiological symptoms may be observe by analyzing different *marma* points, as all the internal organs are related to one or more *marma* points thus *marma* can be used for healing as well as for diagnostic purpose [1-3].



Figure 1: Types of *Marma*

2. Location of *Marmas* Points

According to *Sushruta Samhita*, there are various vital points (*marmas*) in the body.

- Vulnerable muscle-joints (7 subdivisions)
- Veins (41 subdivisions)
- Ligament unions (27 subdivisions)
- Bone unions (8 subdivisions)
- Vulnerable joints (20 subdivisions)

2.1 *Marmas* through feet

Talahridaya *Marma*: This is main foot point *Marma*. It related with respiration and circulation.

Kurcha *Marma*: This point covers the function of eyes and *Prana Vayu*, the body energy.

Kurchashira *Marma*: This point controls muscular system of the body and also improves digestive power.

Kshipra *Marma*: These points control lymphatic and respiratory systems and the function of heart and lungs.

Gulpha *Marma*: This point is responsible for movement and functions of joints.

2.2 *Marmas* through Hands

Kshipra *marma*: *Marma* through this point improve blood circulation and energy movement.

Talahridaya (Talahrudaya) *marma*: This point controls circulation of blood and respiratory system, lungs and heart.

Kurcha *marma*: This *marma* point controls the vision as well as the nerve energy.

Kurchashira *marma*: *Marma* through This point controls digestion and also improves *vata*.

Manibandha *marma*: These *marma* points controls skeletal system, hand movements and peripheral circulation.

2.3 Marmas Through face points

Shchapani Marma: This point controls mind, senses and body energy.

Avarta Marma: This point controls *Vata dosha*, *Prana* and posture.

Apanga Marma: This point controls the vision. It reduces the *Pitta*.

Shankha Marma: This point controls *Vata* and provides relieve from headache.

Phana Marma: This *marma* controls smell, *kapha* and relieve headaches.

Shringataka Marma: This *marma* point controls *Prana vayu*, *Ojas* and stimulates sense organ.

Oshtha Marma: This *marma* improves mental function. It also improves digestion.

Hanu Marma: This *marma* point improves complexion. It also reduces stress.

Ajna Marma: This point possesses calming effect and expands consciousness. This point also control mind activity.

Kapala Marma: This *marma* point relieves stress and control emotions.

Nasa Madhya Marma: This control aggression, relief nasal congestion and reduces stress.

3. Role of Marma in Hridaya Roga

The incidences of *Hridaya Roga* increasing day by day due to the modern life style, dietary habits, stress and smoking habits etc. Ayurveda described various *marma's* vital points including *Hridaya* (Heart), *Shira* (head) & *Basti* (bladder). Out of these *Hridaya* is one of the most important *Marma*, which is also a *Pranayatana* and *Moolasthan* of *Rasa & Rakta Vaha Srotas*. Anciently ayurveda mentioned *Hridaya Marma* means protection and nourishment of *Hridaya*. *Hridaya Marma* as explained in Ayurvedic *Samhitas*. It related with *Vayu*, *Sadhak Pitta*, *Avalambak Kaph* & *Ojhas*. Prevention of *Hridaya Roga* is possible by *Hridaya Marma Paripalanam* i.e. protecting & nourishing the *Hridaya Marma* which is also explained classically [4].

4. Role in Psoriasis (Ekakushta)

Psoriasis is a skin disease characterized by well-defined dry scaly erythematous patches and covered with adherent silvery white

scales. The eruption is usually symmetrical and most commonly affects scalp, nails and the sacral regions. In *Ayurveda*, psoriasis can be considered as *Ekakushta*. *Marmas* are the *Pranas* may be correlated with vital energy of body. On stimulation they activate immune system. *Shirodhara* stimulates the *marmas* like *Schapni*, *Shankh*, *Utkshepa* and *Adhipati Marmas* and improves circulation. Improvement in circulation to hypothalamus also improves the function of autonomic nervous system which control stress related disturbances like; psoriasis [5].

5. Role to maintain Vitality

The vital breath of men resides in the heart and head. The vitality of these organs can be maintained by procedures like *Dantadhavana*, *Jjiwha-Nirlekhana*, *Gandoosha*, *Nasya*, *Anjana*, *Shirobhyanga*, *Karnapoorana* etc. *Abhyanga* (*Shirobhyanga*) can control diseases like *shirshoola*, *manyastambha*, *hanustambha*, *badhira* etc. The *marma* activity through various *marma* points like *massage* and *mardana* may improves the functions of heart and head through maintaining the circulation [6].

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